



## JUNE CALENDAR CHALLENGE DAY 01 - DAY 15

<b>SUNDAY</b> <small>ABS &amp; OBLIQUES</small> <p>JOURNAL WHAT YOU LOVE, WHAT YOU HATE, WHAT'S IN YOUR HEAD, WHAT'S IMPORTANT. JOURNALIZING ORGANIZES YOUR THOUGHTS; ALLOWS YOU TO SEE THINGS IN A CONCRETE WAY THAT OTHERWISE YOU MIGHT NOT SEE. FOCUS ON WHAT YOU THINK YOU NEED TO FIND IN YOUR ART.</p>	<b>MONDAY</b> <small>LEGS &amp; CARDIO</small> 	<b>TUESDAY</b> <small>UPPER BODY</small> 	<b>WEDNESDAY</b> <small>TOTAL BODY</small> <p><b>Jogging for 30-1h mins</b></p>	<b>THURSDAY</b> <small>ABS &amp; CARDIO</small> <p><b>Gate Swings 10x</b></p>	<b>FRIDAY</b> <small>BUTT</small> <p><b>Bodyweight lunges 16x</b></p>	<b>SATURDAY</b> <small>RESTDAY</small> <p><b>Check out new Recipe on Proweightloss Program</b></p>
<b>SUNDAY</b> <small>ABS &amp; OBLIQUES</small> <p><b>Lunge back kick 5 mins</b></p>	<b>MONDAY</b> <small>LEGS &amp; CARDIO</small> <p><b>Cross Jacks 16x</b></p>	<b>TUESDAY</b> <small>UPPER BODY</small> <p><b>Frog Bridge 12x</b></p>	<b>WEDNESDAY</b> <small>TOTAL BODY</small> <p><b>Jogging for 30-1h mins</b></p>	<b>THURSDAY</b> <small>ABS &amp; CARDIO</small> <p><b>Diamond Kicks 16x</b></p>	<b>FRIDAY</b> <small>BUTT</small> <p><b>Jump rope 10mins</b></p>	<b>SATURDAY</b> <small>RESTDAY</small> <p><b>Check out new Recipe on Proweightloss Program</b></p>
<b>SUNDAY</b> <small>ABS &amp; OBLIQUES</small> <p><b>Frog jumps 16x</b></p>	<b>MONDAY</b> <small>LEGS &amp; CARDIO</small> <p><b>Lunge back kick 5mins</b></p>	<b>TUESDAY</b> <small>UPPER BODY</small> <p><b>Gate Swings 16x</b></p>	<b>WEDNESDAY</b> <small>TOTAL BODY</small> <p><b>Jogging for 30-1h mins</b></p>			



### REMINDERS

1. For examples of exercises and nutrition please check our Facebook, Youtube Channel and Proweightloss Program.
2. Drink 3 liters of water a day
3. Wear slimbelt everyday
4. Take your Provita Probiotics Daily
5. Add Shape in shake to your breakfast
6. Take a Before and After and post with #CoachBarbie #ProweightlossProgram
7. Join our Free Coaching Session to guide you better
8. Take a Selfie and give us feedback once you finish it.



## Do Probiotics Benefit Men?

MEN CAN EXPERIENCE A NUMBER OF BENEFITS FROM REGULARLY TAKING PROBIOTIC SUPPLEMENTS. IN ADDITION TO THE GENERAL BENEFITS THAT PEOPLE EXPERIENCE REGARDLESS OF SEX, PROBIOTICS CAN HELP SUPPORT MEN'S PROSTATE HEALTH, RAISE TESTOSTERONE LEVELS, AND INCREASE SPERM COUNTS





## JUNE CALENDAR CHALLENGE DAY 16 - DAY 30

SUNDAY ABS & OBLIQUES	MONDAY LEGS & CARDIO	TUESDAY UPPER BODY	WEDNESDAY TOTAL BODY	THURSDAY ABS & CARDIO	FRIDAY BUTT	SATURDAY RESTDAY
JOURNAL WHAT YOU LOVE, WHAT YOU HATE, WHAT'S IN YOUR HEAD, WHAT'S IMPORTANT. JOURNALIZING ORGANIZES YOUR THOUGHTS; ALLOWS YOU TO SEE THINGS IN A CONCRETE WAY THAT OTHERWISE YOU MIGHT NOT SEE. FOCUS ON WHAT YOU THINK YOU NEED TO FIND IN YOUR ART.				Cross Jacks 16x	Bodyweight lunges 15x per leg	Check out new Recipe on Proweightloss Program
SUNDAY ABS & OBLIQUES	MONDAY LEGS & CARDIO	TUESDAY UPPER BODY	WEDNESDAY TOTAL BODY	THURSDAY ABS & CARDIO	FRIDAY BUTT	SATURDAY RESTDAY
Frog Bridge 16x	Frog jumps 16x	Lunge back kick 5 mins	Jogging for 30-1h mins	Gate Swings 16x	Jump rope 10 mins	Check out new Recipe on Proweightloss Program
SUNDAY ABS & OBLIQUES	MONDAY LEGS & CARDIO	TUESDAY UPPER BODY	WEDNESDAY TOTAL BODY	THURSDAY ABS & CARDIO		
Bodyweight lunges 15x per leg	Cross Jacks 16x	Frog jumps 16x	Jogging for 30-1h mins	Diamond Kicks 16x		



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